

Overview: This list provides a synopsis of former graduate students completing a portion of their research training in the Behavioural Health Sciences Research Lab (BHSRL) at Brock University. A list of visiting international faculty visiting the BHSRL for training and professional development initiatives has also provided.

BHSRL 'Alumni'
Nikola (Nick) Medic: Dr. Medic completed his Master of Arts degree under the supervision of Dr. Mack. The research conducted by Dr. Medic during his master's thesis was published in the <i>Journal of Sport Behavior</i> . He is currently an Assistant Professor at Edith Cowan University in Australia.
Heather Strong: Dr. Strong completed her Master of Arts degree under the supervision of Dr. Mack. Her master's thesis was published in the <i>Journal of Applied Biobehavioral Research</i> (Strong et al., 2006). She is currently an Assistant Professor at Redeemer University.
Lindsay Waddell: Lindsay completed her graduate degree under the supervision of Dr. Mack focused on self-presentation and social anxiety. Lindsay published her thesis data (Mack et al., 2008) and secured a position as Executive Director for the Ontario Society for Health and Fitness affiliated with the Canadian Society for Exercise Physiology upon graduation.
Jennifer Gasparotto: Jennifer's thesis was supervised by Dr. Mack and presented at SCAPPS (2007) entitled " <i>Cues to Action: Implications for Beliefs and Behavioural Change in Women</i> ". Jen pursued a career in health care practicing midwifery in the Niagara Region.
Katie Gunnell: Dr. Gunnell completed her master's degree in the area of physical activity and well-being amongst individuals living with osteoporosis with Dr. Mack in 2009. Her graduate research at Brock University was funded by SSHRC. She is currently a doctoral student at the University of British Columbia where her studies are funded by SSHRC. Katie's thesis research was published in <i>Research Quarterly for Exercise & Sport</i> . Katie will assume the role of post-doctoral fellow at the University of Ottawa commencing in the Fall of 2013 with Dr. Jennifer Brunet (School of Human Kinetics) and Dr. Patrick Gaudreau (School of Psychology).
Kristin Oster: Kristin completed her graduate studies in Applied Health Sciences with Dr. Mack in 2009. Her thesis research focused on issues of well-being in collegiate volleyball players and was funded by SSHRC. Her master's thesis research was published in <i>Psychology of Sport & Exercise</i> .
Casey E. Gray: Dr. Gray completed her graduate degree under the supervision of Dr. Wilson in 2005. Casey's thesis work was published in the <i>Journal of Sport Behavior</i> (Gray & Wilson, 2008). She is currently a part-time faculty member at Carleton University.
Sovoeun Muon: 'Sovo' completed his graduate degree under the supervision of Dr. Wilson. Sovo's thesis was supported by SSHRC and OGS funds and culminated in a presentation at NASPSA 2008 and a publication of key findings in an invited monograph with NovaPublishing.
Meghan E. LeBlanc: Meghan completed her Master of Arts degree under the supervision of Dr. Wilson. Meghan's thesis research concerning motivation in older female exercise initiates was funded by SSHRC. Since graduation, Meghan (now Meghan Morrison) is pursuing a career as a musician/artist in Toronto, ON.
Kimberly Grattan: Kim completed her graduate studies in Applied Health Sciences with Dr. Wilson in 2009. Her research focused on the role of goals and motives in relation to health

behaviour amongst people enrolled in commercial weight-loss programs. She is currently employed with the Healthy Active Living and Obesity (HALO) group at the Children's Hospital of Eastern Ontario (Ottawa, Canada). Kimberly's thesis research was published as an invited monograph with NovaPublishing and has resulted in multiple conference presentations delivered at the annual meeting of the Society for Behavioral Medicine.

J. Paige Gregson: Paige completed her graduate degree under the supervision of Dr. Wilson in 2010. Paige's thesis research was funded by SSHRC and OGS. She is currently a doctoral student at the University of Western Ontario. Paige's thesis research was published in the *International Journal of Coaching & Sport Science*.

Ben Sylvester: Ben's thesis research was supervised by Dr. Diane E. Mack and funded by SSHRC. He is currently a doctoral student in human kinetics at the University British Columbia. Ben's thesis research was published in *Mental Health & Physical Activity*.

Jenna Gilchirst. Jenna's thesis research was supervised by Dr. Diane E. Mack and funded by SSHRC. She is currently a doctoral student at the University of Toronto studying the role of self-conscious emotions in relation to health behaviours with Dr. Catherine Sabiston. Her master's thesis focused on the self-conscious emotion of pride and its relation to psychological need satisfaction via exercise in young adults.

Matt Burns: Matt completed his graduate degree under the supervision of Dr. Wilson after one year of tenure in the BHSRL in 2013. Matt's thesis was focused on motivational differences between competitive and recreational weight-trainers. Matt served as a research assistant for a SSHRC-funded research project during his tenure in the BHSRL and presented at the Society of Behavioral Medicine's Annual Conference.

Lindsay Meldrum: Lindsay completed her graduate studies in Applied Health Sciences with Dr. Wilson in 2013. Her thesis research focused on the issue of changes in well-being over time in exercisers and factors that might explain these changes. Her master's thesis research was funded by the SSHRC. Upon graduation, Lindsay accepted a position with Niagara Public Health (St Catharines, Ontario).

Louise Blais. Louise completed her graduate studies in Applied Health Sciences with Dr. Mack in 2013. Her thesis research focused on the beneficial effects of weight-loss and fitness challenges promoted by commercial health/fitness clubs. The results of her research were presented at the SCAPPS conference (Halifax, 2012). Louise is an avid fitness enthusiast who accepted a post at Okanagan College upon graduation.

Kimberly Brooks. Kimberly completed her Masters of Science in Applied Health Sciences with Dr. Mack in 2013. Her thesis research focused on clustering effects of health behaviours implicated in optimizing weight control using digital monitoring technology. Kimberley is now a registered nurse now practicing in North-Western Ontario.

Amy Crawford. Amy completed her graduate studies in Applied Health Sciences with Dr. Mack in 2014. Her thesis research focused on the mechanisms responsible for promoting a gluten-free diet in adults diagnosed with medical conditions restricting gluten-intake (e.g., Celiac disease). Upon graduation, Amy accepted a position at the Canadian Memorial Chiropractic College (Toronto, Ontario).

Sarah Deck. Sarah completed her graduate degree in Applied Health Sciences (MSc-Kinesiology) at Brock University under the supervision of Dr. Philip M. Wilson in 2016. Her

thesis examined the role of others motivation in the process of athlete recovery form an injury. Upon graduation, Sarah accepted an OGS scholarship to continue her education with doctoral studies at Western University.

Meghan Crouch. Meghan completed her graduate work (MSc-Kinesiology) with Dr. Diane E. Mack in Applied Health Sciences at Brock University. Her graduate thesis focused on the role of score reliability in the assessment of well-being. Following the completion of her master's degree, Meghan secured a position with the Centre for Addiction and Mental Health (Toronto, ON). Meghan has now enrolled in the doctoral program in Public Health at the University of Waterloo.

Sydney A. Santin. Sydney completed her graduate degree (MSc-Kinesiology) under the supervision of Dr. Philip M. Wilson at Brock University in 2017. The focus of her graduate research was on the psychological processes that motivate athletes to use kinesiology tape. Sydney was successful in obtaining a job as a registered kinesiologist upon completion of her graduate studies at Brock University. Sydney completed her training as a physiotherapist setting up independent practice in 2022 within the Niagara region.

Colin Wierts. Colin finished his graduate degree (MSc-Kinesolgy) in 2017 working under the supervision of Dr. Philip M. Wilson at Brock University. Colin's research interests center around motivational interviewing use in sport, exercise, and health promotion settings. Following the completion of his degree, Colin was awarded an entrance scholarship to commence his doctoral studies at the University of British Columbia in Kinesiology...and subsequently 'headed west' for the next phase of his training and development in Vancouver, BC.

Caitlin Kelley. Caitlin graduated with a Master of Arts degree from Brock University in 2019. Her thesis research, supervised by Dr. Diane E. Mack, was entitled "Examining physical activity in natural outdoor environments on markers of well-being: A meta-analysis". Following graduation, Caitlin moved to the USA to explore 'pastures greener' on the job front while hiking, backpacking and writing (creatively!).

Esther Sampaio Santos. Dr. Santos came to Brock University from Itapetinga (Brazil) where she completed degrees in psychology. Her thesis research, supervised by Dr. Philip M. Wilson and funded by the Ontario Trillium Foundation, was entitled "Can exergaming improve mental health of university students?". Following graduation, Dr. Santos embarked on a career within the gaming industry leading teams in game-user research. Dr. Santos has worked with Ubisoft, Hothead Games, and Immersyve.

Connor Bell. Connor earned undergraduate degrees in Recreation and Leisure Studies and Kinesiology at Brock University. His thesis research, supervised by Dr. Diane E. Mack, was entitled "Wearable activity monitors and goals: Perceptions on physical activity, attitudes, and motivational outcomes". Following graduation, Conner moved 'up in the world' to work for university administration in the role of recruitment officer.

Maxwell ('Max') Brown. Max earned his Master of Science (Kinesiology) degree from Brock University in 2022. His thesis research, supervised by Dr. Diane E. Mack, examined the role of sacrifice made by athletes relative to mental health. Following graduation, Max ventured to the nation's capitol (Ottawa, ON) to begin teachers' college.

Allison ('Allie') Columbus. Allie completed her undergraduate degree (BKIn; 2019) and

graduate degree (MSc; 2021) from Brock University. Her graduate thesis was supervised by Dr. Diane E. Mack and focused on the role of injury and perceived exertion on well-being over a competitive season in university-level female basketball players. 'Coach C' joined the staff of the Brock University women's Basketball team in 2021. Her graduate work was funded in part by the Match of Minds program.

Sabrina M. Buchanan. Sabrina earned her undergraduate (BKin; 2020) and graduate (MSc; 2022) degrees from Brock University. Supervised by Dr. Philip M. Wilson, her graduate thesis research compared different communication styles exhibited by exercise professionals on physical activity levels during pregnancy. Sabrina's graduate research was supported by funds provided by the Match of Minds program and the Ontario Graduate Scholarships program.

Cassidy L. Edlington. Cassidy earned her undergraduate (BKin; 2020) and graduate (MSc; 2022) degrees from Brock University. Supervised by Dr. Philip M. Wilson, her graduate thesis research described the availability of undergraduate courses focused on older and adults and physical activity in universities across Ontario, Canada. Upon completing her graduate work, Cassidy began work in older adult community care in St Catharines, Ontario.

Melanie R. Burgess. Melanie graduated with a Master of Science degree in Applied Health Sciences-Kinesiology (2023) from Brock University. Her thesis research, supervised by Dr. Diane E. Mack, was entitled "Treating yourself in a fairway! Examining the contribution of self-compassion and well-being on performance in a putting task". Melanie's graduate research was supported by funds provided by the Match of Minds program and the Brock Horizon Graduate Scholarship program. Following graduation, Melanie earned a position working for the Ministry of Indigenous Affairs.

Visiting International Scholars

Dr. Xie Bin (2009-2010).

Position: Associate Professor of Sport and Counselling Psychology at Xi'an Physical Education University (China). Funded by the China Scholarship Council.

Dr. Hiroshi Matsumoto (2013-2014).

Position: Professor of Exercise and Sport Psychology at Mukogawa Woman's University (Nishinomiya, Hyogo, Japan).

Dr. Paula M. Watson (2014-2015).

Position: Lecturer/Senior Lecturer in exercise and health psychology at Liverpool John Moores University (Liverpool, England).